

**ABSTRACT**

An absorbent article such as a diaper, an incontinence guard, a sanitary napkin or the like, exhibits a liquid permeable surface and an opposite at least substantially liquid impermeable surface and has an absorbent structure. The absorbent structure has a super absorbent porous structure exhibiting a Gurley stiffness value being lower than 1000 mg and a density in a dry condition exceeding  $0.5 \text{ g/cm}^3$ .